

**Eat breakfast together!**

It's a great way to start the day.  
Plus, kids who eat breakfast do better in school.

## Think Healthy!

Think Healthy is a program bringing children and their families simple, kid-friendly information on the connection between eating well and feeling good.



THE Children's  
Health FUND

[www.childrenshealthfund.org](http://www.childrenshealthfund.org)

The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

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# Think Healthy!



**Teach kids to feel good about themselves and their bodies.**

**Help your child make healthy goals.**

Kids can try new foods or go for a walk every week. Reaching goals helps you both feel good.

**Kids learn from what you say and how you act.**

Don't say unkind things about anyone's body – yours, your child's or others'.

**Show your child that you love him or her.**

Listen/pay attention to what your child has to say.

Use hugs or praise as rewards – not food.



# Family Meals

## Eating meals together as a family:

- ❑ Gives you time to talk with each other
- ❑ Helps kids make better food choices
- ❑ Sets a good example - your kids will learn good habits

Here are some great ideas to help your whole family learn healthy eating habits:

### Go shopping together.

Your kids can help you plan a list of healthy meals for the week.



### Cook family meals together.

Cooking is fun and can help you try new and healthy foods.



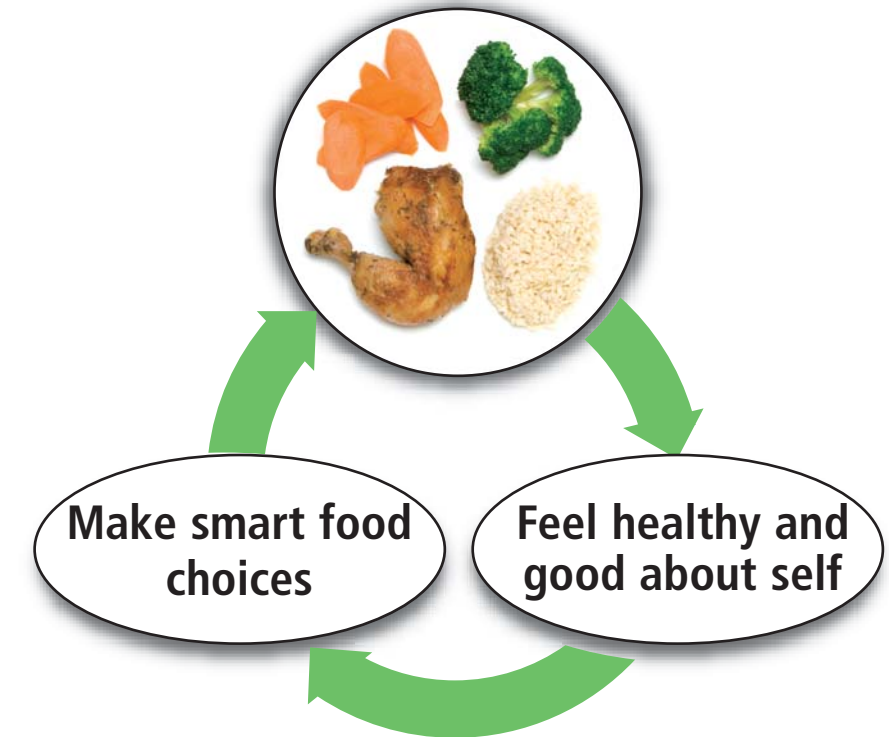
### Keep healthy foods at home.

When your family gets hungry, they will have lots of healthy choices.

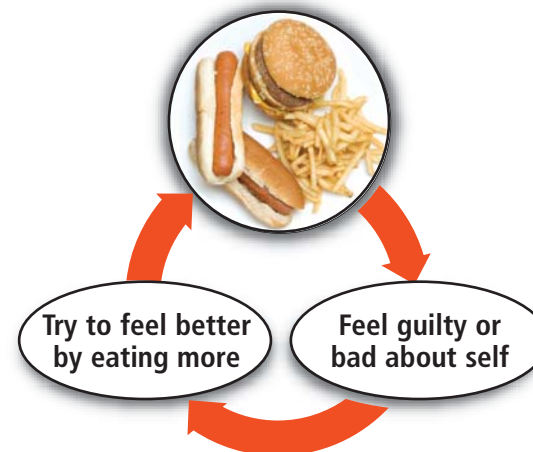


What you eat and how you feel are connected. Choosing healthy foods in the right amounts helps your child feel good.

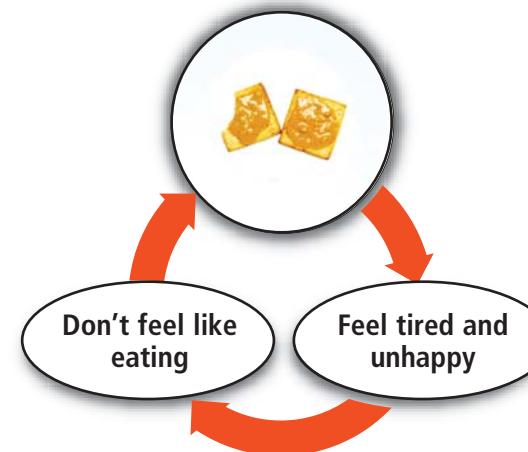
## Eat just enough!



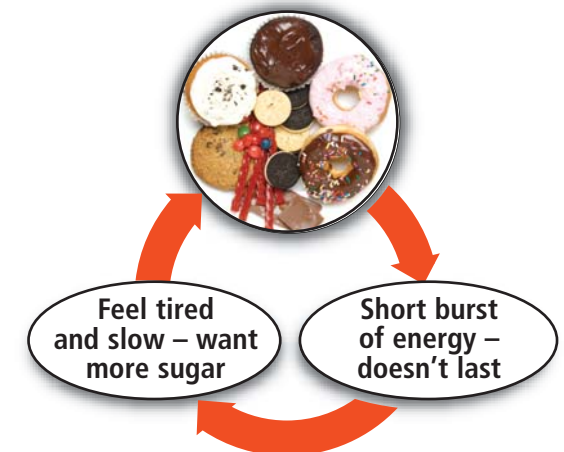
## Eat too much!



## Eat too little!



## Eat too much sweet food!



Talk with a health care provider if you're worried about your child's weight. Dieting is not a good idea for growing children.